



Gestational Diabetes

Healthy Choices for Fat and Fiber

Choose low fat, low saturated fat protein foods

At breakfast and lunch

Egg whites
Egg beaters
Canadian bacon
Nut or soy butters
Low fat cheese- less than 5 gm fat/ounce
Low fat cottage cheese or ricotta cheese
Lean sliced chicken or poultry*
Tofu or soy “meat” alternatives

At Dinner

Chicken or turkey breast
Lean beef and pork-loin or round cuts
93% or more lean hamburger
Fish or shellfish-occasionally
Cook without fat- bake, grill, or use non-stick spray

At snacks

Low fat sliced ham or turkey
Low fat cheese
Soy or nut butters
Nuts- a small handful

Limit foods high in saturated fat

Marbled red meat, regular hamburger, cheese, egg yolks, processed meat (such as bologna, and bacon) and whole milk products

Choose healthy fats

Canola and olive oil instead of butter or lard
Soft tub margarine
Peanut or nut butters
Avocado
Seeds and nuts

For your carbohydrate servings choose these whole grains and slower burning carbohydrate foods

Breakfast

Oatmeal
High fiber cereals (with more than 5 gm fiber/serving)
Whole grain 100% whole wheat bread

Lunch and dinner

Whole wheat or corn tortillas
Brown Rice
Whole wheat pasta
Peas and corn
Bulgur
Quinoa
Barley
Beans, peas, lentils
Sweet potatoes

For snacks

Popcorn
Whole grain crackers
Edamame or soy nuts
Hummus spread
Fresh fruits and vegetables